



RECREATIONAL CENTER



CLASSES - Spring 2016

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	YOGA	PILATES	YOGA	PILATES	
10:00 AM		ZUMBA		ZUMBA	
2:15 PM					BFE _x
3:15 PM		INDOOR CLIMBING 101		INDOOR CLIMBING 101	HIP HOP
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
6:15 PM		ABS&LEGS	BFE _x	ABS&LEGS	AIKIDO
7:15 PM		STRETCHING + TOTAL BODY	HIP HOP	STRETCHING + TOTAL BODY	
8:15 PM	MUAY THAI	LATIN DANCE	MUAY THAI	LATIN DANCE	

OPEN FROM: MONDAY-THURSDAY: 8 AM TO 10 PM
 FRIDAY-SUNDAY: 10 AM TO 8 PM

VALID JCU ID
 CARD NEEDED TO
 ENTER THE GYM

SPORTS TEAMS

Fields: VIRGILIO Via Giulia, 40 / PETRIANA Via S. Maria Mediatrice, 24

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
CHEERLEADING	VIRGILIO	MONDAY / WEDNESDAY 8:00 PM - 9:00 PM	"Basic" Physical Needed
WOMEN'S SOCCER	PETRIANA	MONDAY / WEDNESDAY 8:45 PM - 10:15 PM	"Competitive Sport" Physical Needed
MEN'S SOCCER	PETRIANA	MONDAY / WEDNESDAY 8:30 PM - 10:30 PM	"Competitive Sport" Physical Needed
COED VOLLEYBALL	VIRGILIO	TUESDAY / THURSDAY 9:00 PM - 11:00 PM	"Competitive Sport" Physical Needed
COED BASKETBALL	VIRGILIO	MONDAY / WEDNESDAY 9:30 PM - 10:30 PM	"Basic" Physical Needed

SPORT TRIPS

*Participation fees are not refundable. Payments can be made online by the deadline

TRIP	WHEN	WHERE	PRICE
SNOW TRIP	March 4 - 6th	Civitella Alfedena Abruzzo	€ 160 - DEADLINE to sign up and pay by February 5 th
HIKING TRIP	March 12 - 13th	Montereale Abruzzo	€ 140 - DEADLINE to sign up and pay by February 26 th
OUTDOOR SPORTS	March 19 - 20th	Vico Lake Lazio	€ 160 - DEADLINE to sign up and pay by March 4 th

THE SCHEDULE MAY BE SUBJECTED TO CHANGES